



Carlisle Connection

Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

September 2011



COA Official Town website:

<http://www.carlislema.gov>

Friends of COA: <http://www.carlisle.org/foccoa>

From the Director's Desk...

This month we get a chance to thank those Town Departments we rely on throughout the year at the Annual Town Employee luncheon at FRS. We gain so much by working with the Fire and Police Departments to ensure you are safe, the Board of Health to inform you and keep you healthy, with the Schools to connect you to the community, and the Library to educate and interest you in a wide variety of topics. The COA and the Housing Authority have been working closely with families to assist in keeping seniors in town, and we work with the Recreation Department to offer yoga classes at a discount to seniors. We are so grateful at the COA to work with such a dedicated team of individuals who make life in Carlisle so wonderful. *Sincerely, Debi*

Speaking of wonderful employees, I am happy to announce that we have a new member of the COA team! Come by the office on Tues. Thurs., or Fri., to welcome our new Administrative Assistant, Bonnie Hansen!

Actor Richard Clark performs:

Life, Language and the Pursuit of Happiness-Ernest Hemingway Alive!
by B. L. Walker and Richard Clark - Sept. 9th at St. Irene's 12:30-2:15pm

This is the story of a remarkable life, a rough-and tumble journey into the soul of one of the twentieth century's greatest literary figures. The New York Times heralded him as the "greatest writer since Shakespeare". His passion carried him to the pinnacle of his profession and his life ended in a tragic final act that seemed his destiny from the start. Light refreshments served. Please register by Wednesday, Sept. 7 at noon.

"I know now that there is no one thing that is true - it is all true"

~ Ernest Hemingway



Massachusetts Cultural Council

***This program is supported in part by a grant from the Carlisle Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. ***

Check Out Our **NEW** Trips - SEE MORE ON PAGE 3

Bedford Plaza Trip - Tuesday, September 13 from 12:30 - 3:30pm

Do your errands, get your hair cut, or just enjoy a day out window shopping. Please register by calling our office at 978-371-2895 by Tuesday, September 6 at noon.

West Concord/Concord Center Trip - Tuesday, September 27 from 12:30 - 3:30pm

A great trip to go to bakeries, the Five and Dime, and gourmet food shopping in West Concord, and then on to buy gifts, books, shoes and more at the small specialty shops along Main Street. Please register by calling our office at 978-371-2895 by Tuesday, September 20 at noon.

CARLISLE COA OFFICE HOURS

**Monday - Friday
9:00am - 3:00pm**

**(978) 371-2895 Office
(978) 371-6690 Van line**

COA Staff

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SEPTEMBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Coffee - 9, BP 9:15a Fitness - 9:45a Cardio - 10:45a	2 Van Errands / Local Grocery Shopping - 9a Wii Fit Party - 1p	3
4	5 HOLIDAY Town Hall Closed	6 Inside Walking Grp - 6:45a Weekdays Podiatry Clinic Ballroom - 2p	7 Tap - 10:30a Minutemen/R. Brook Lunch - noon at Congr. Church Lawyer - 12:30p	8 Men's Breakfast - 8a BP - 8a Fitness - 9:45a Cardio - 10:45a	9 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Hemingway - 12:30p	10
11	12 Inside Walking Grp - 6:45a Weekdays Yoga - 9a & 10:15a Senior Mmnt - 9:30a Restaurant Review - Depart 11a & 11:15a	13 Bridge - 10a Bedford Trip - 12:30p Ballroom - 2p	14 Book group - 10a Tap - 10:30a Wii Fit- 1p	15 Fitness - 9:45a Cardio - 10:45a BP - 11a - 11:45a COA Lunch - 11:45a at FRS Music - 12:45p	16 Van Errands / Local Grocery Shopping - 9a Faneuil Hall Trip - 9am Line Dance - 9:30a	17
18	19 Inside Walking Grp - 6:45a Weekdays	20 Bridge - 10a Nashoba Tech Lunch - 11:45a	21 Tap - 10:30a "Steel Magnolias" Depart 10:45a at Cong. Church	22 Fitness - 9:45a Cardio - 10:45a	23 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Autumn Fling Dance 6pm at FRS	24
25	26 Inside Walking Grp - 6:45a Weekdays Yoga - 9a & 10:15a Senior Mmnt - 9:30a	27 Bridge - 10a W.Concord/Concord Trip - 12:30p Ballroom - 2p	28 Tap - 10:30a Wii Fir- 1p	29 Fitness - 9:45a Cardio - 10:45a	30 Van Errands / Local Grocery Shopping - 9a Line Dance - 9:30a Wii Fit Party - 1p	

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TRANSPORTATION / TRIPS

Services are available to all senior and disabled residents, transportation is available for all COA events.

Van Line Reservations: (978) 371-6690

Weather Info/Cancellations: (978) 371-2895

Our FEES* are as follows:

- In-town rides or Friday grocery trips - no fee
- Rides within 15 miles - \$2
- Van trips over 15 miles - \$5

* Parking fees are the responsibility of the rider.

Medical appointments: Call at least 2 days in advance if possible. Please call 911 for Emergency care.

Local grocery /Shopping trips: We go to Market Basket in Westford on Friday mornings at 9am. Please call the van line in advance to make reservations.

Restaurant Review at Feng Shui and Shopping at Chelmsford Kohl's Plaza - Monday, September 12

Pick up at 11am at Village Court and 11:15am at Congregational Church. Return at approximately 2:30pm. Van fee is \$2 cash due on day of the trip. To register call Joanne at 978-371-8023 by September 5.

*For Day Trips in the following section, please register by sending checks made out to the
Friends of the Carlisle COA to:*

**COA SPONSORED DAY TRIPS c/o Joanne Willens
145 Church St. Apt. B12, Carlisle, MA 01741**

Upcoming plays.... PLEASE REGISTER ASAP

North Shore Music Theatre - *"The King & I"* Wed., Oct. 5, *"Legally Blonde"* Wed., Nov. 2, Tickets are \$45 each. We leave the Congregational Church at 10:40am. Van fee \$5 cash on day of trip. Lunch at Sylvan Street Grille (not included in price).

Stoneham Theatre - *"Steel Magnolias"* Wed., Sept. 21, Tickets are \$25 each. We leave Congregational Church at 10:45am and eat at Felicia's of the North End (lunch on your own). Van fee \$2 cash on day of trip.

Oktoberfest at Lake Pearl Luciano's - Wrentham, MA, October 12, 2011

\$59.95 pp includes Oktoberfest Luncheon, one free glass of beer or wine, Bavarian Music performed by the Oberlaendler Hofbrau Band. \$5. Van fee due day of the trip.

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FOR YOUR HEALTH!



Free Blood Pressure Clinics: **Thursday, Sept. 1 from 9:15–10am** at the Monthly Coffee in the Sleeper Room, Village Court, *sponsored by Life Care Center of Nashoba Valley*. **Thursday, Sept. 8 from 8-9am** at the Men's Breakfast at Village Court, *sponsored by Home Instead Senior Care of Chelmsford*. **Thursday, Sept. 15 from 11-11:45am** before the Monthly Luncheon at Union Hall, FRS, *sponsored by FCOA & Emerson Hospital Home Care*. **Monday, Sept. 19, from 9:30-10:30am** at Senior Moments at Fern's, *sponsored by Right at Home*.

Podiatry Clinic- **Tuesday, September 6** in the Sleeper Room at Village Court. Please call (978)371-2895 ASAP slots are limited. Cost: \$20 (discounted fee, partially funded by the Carlisle COA), checks made out to Carlisle COA or cash; payable the day of the clinic.

Inside Walking Group - **Monday thru Friday from 6:45-7:30am starting September 6**
Meet at the school gym. If school is open, we are walking!

NOTE: To sign up for the following programs, please call the COA office at (978)371-2895 and make check payable to the Carlisle COA unless otherwise noted.

FITNESS CLASS - **Thursdays starting September 1 at 9:45am**

Clark Room at Town Hall. Instructor: Katrina Rotondi. This class is great for all ability levels, and may be done in a chair. Wear comfortable clothing. Hand weights and bands are available to use.

Fee: \$40 (Sept. thru Nov.).

CARDIO-BOOST CLASS - **Thursdays starting September 1 at 10:45am**

Congregational Church on School Street. Instructor: Katrina Rotondi. An upbeat "heart healthy," aerobic-type workout. Wear comfortable clothes and shoes and bring hand weights. **Fee: \$40** (Sept. thru Nov.).

LINE DANCING - **Fridays starting September 9 at 9:30am**

Instructor: Katrina Rotondi. Held at the FRS Union Hall on School Street. Wear comfortable clothing.

Fee: \$40 (Sept. thru Nov.).

BALLROOM DANCING - **Tuesdays, Sept. 6 - Nov. 8 from 2-3pm at St. Irene Church**

For anyone interested in learning ballroom dancing. Dances that may be included, depending on time and availability, are tango, waltz, foxtrot, rumba, cha cha, mambo and meringue. Wear leather-soled shoes.

FREE due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Call the COA at 978-371-2895 to register. **Note:** no class on Sept. 20.

YOGA - **Mondays through the Rec. Department - 9am and/or 10:15am at Town Hall**

Session I: September 12-October 31 (No Class on 9/19). Fee: \$90 (for 6 weeks), \$76 for Carlisle seniors after a 15% discount from the COA. Call the Rec. Dept. @ 978-369-9815 to register.

TAP - **Wednesdays, Sept. 7, 14, 28, Oct. 5, 12, 19, Nov. 2, 9, 16 from 10:30-11:30am**

This class is taught by Katrina Rontondi. If you would like more details, contact Angela at 978-371-2895 or Stop in and see a class! **Fee: \$30** this session.

Wii FIT - **Wednesdays, September 14 and 28 from 1-3pm**

Join the COA in the Sleeper Room to learn how to use this great fitness game and/or

Wii FIT PARTY - **Fridays, September 2 and 30 from 1-3pm** in the Sleeper Room.

Meet our newest volunteer..."CHLOE"



Would you or a loved one enjoy a friendly visit from Chloe and her human partner, Jeannie?! Call our office at 978-371-2895 to schedule some special time with this sweet new friend of ours.

Autumn Fling Dance at FRS Union Hall

September 23 from 6 - 8:30pm

A night of fun, dancing, and music. (You don't need to dance to have a great time!) Join us at 6pm for some light refreshments, followed by music from Mansfield Entertainments. Come and enjoy all types of music and dances. To register please call the COA Office at 978-371-2895 by September 16 at noon.

Our Autumn Fling is being brought to you by the generosity of Right at Home and coordinated by Emily Tamilio, Community Relations, and the Carlisle COA.



Poetic Mondays - FREE! Sponsored by the Friends of the Council on Aging

Join us each month as we use the power of poetry to explore a variety of topics relevant to our lives today. Some weeks we will focus on the work of only one poet, and in other sessions, we will hear from several poets on a particular theme. You don't need to be a poet to participate; just come and enjoy this creative and enriching experience!

Facilitator: Patti Russo, Certified Poetry Therapist **Location:** Town Hall, 10am - 12pm

Advanced group: (must have participated in last springs poetry series with Patti Russo) Mondays, Oct 3, Nov 7, Dec 5, Jan 9, Feb 6, Mar 5, April 2, May 7

Beginner group: (no previous experience necessary) Mondays, Oct 17, Nov 14, Dec 12, Jan 16, Feb 13, Mar 12, April 9, May 14 Each group is limited to 12 participants.

Please register by calling the COA Office at 978-371-2895 by Sept. 26th.

Ask a Lawyer - September and October

Individual sessions with Attorney Eric Prichard from the law firm of Brown & Brown, PC in Bedford were well received. If you are interested in a free half-hour session where you can ask questions on estate planning, elder law and Medicaid planning questions, please call the COA at 978-371-2895 and we'll schedule a date/time once we have at least three people on the wait list.



COA Book Club - Wednesday, September 14, 10 am,

This month's book: The Mystery of Breathing, by Perri Klass, Houghton Mifflin, 2004. Please call Mary Zoll (978) 369-5236 to RSVP and for location. The next book will be Caleb's Crossing on October 5. Please call Mary for more info.

Bridge Group - Tuesdays from 10am-12pm in the Sleeper Room

A friendly game with friendly players. We always welcome new people!

For more information please call Gwen Charter at 978-369-0325. Note: No Class on Sept. 6.

FOOD COURT



Monthly Coffee - Thursday, September 1 at 9am

Betty & Jim Elgin & Karen & Tom Dunkers ARE BACK, and will be generously hosting our coffee at the Sleeper Room at Village Court. Don't miss it! FREE!

Minuteman Senior Services/Robbins Brook Luncheon - Wednesday, Sept. 7 at noon

Hosted by the volunteers at Carlisle Congregational Church, cooked by Robbins Brook, and supported by Minuteman Senior Services, this is truly a community event each month.

This month's treat is Beef Stew! Suggested donation \$3. Please call the COA at 978-371-2895 to register by Friday, September 2 by noon.

Following the luncheon at 12:30pm, Attorney Eric Prichard from Brown & Brown, PC in Bedford will Discuss, in plain English, the four legal documents everyone should have. If you are interested in learning more about Wills, Durable Powers of Attorney, Health Care Proxies and Declarations of Homestead, this seminar will provide a brief, informative overview.

"SENIOR MOMENTS" @ Ferns Country Store - Sept. 12 & 26 **NOTE CHANGE IN DATES

Every 2nd and 4th Monday Morning 9:30am to 11"ish". A casual drop-in for Carlisle seniors 60+ to greet, meet, eat & talk! FREE goodies provided by the Carlisle COA. Ferns gives a 10% Discount to "Senior Moments" attendees for coffee and other eats. First come, first served!

EMPLOYEE

COA Annual Town Employee Appreciation Luncheon



APPRECIATION

Thursday, September 15 at 11:45am at the FRS

Please join us to thank our town employees at FRS. Run by our wonderful team of volunteers at FRS. Menu: cold cut and cheese platters, breads, condiments, desserts and cold drinks.

Suggested Donation: \$3. To register, call the COA office at 978-371-2895 by noon on Monday, Sept. 12.

After the July COA Luncheon... at 12:45pm

"Two Old Friends" Irish and American Country Music

A Two Old Friends performance will give you plaintive ballads and foot stomping shout tunes; soaring mandolin solos, gospel sing-a-longs, traditional Irish tunes, and story-telling. Mac and Hutch sing and play the banjo, guitar, mandolin, concertina, bodran and the octave mandolin.

COME JOIN THE LADS AND ENJOY AN AFTERNOON WITH TWO OLD FRIENDS!

Nashoba Valley Tech. High School Luncheon - Tuesday, September 20 at 11:45am

Feast your eyes on the beautiful luncheons the culinary arts students are making at Nashoba!

Baked Stuffed Haddock OR Chicken Parmesan. Please call the COA at 978-371-2895 to register by Thursday, 15th at noon.



GO GREEN with our Newsletter!

If you would not like to receive a hard copy of our newsletter, please call 978-371-2895 and leave a message. You can access The Carlisle Connection Newsletter for any month online after the first of each month at www.carlislema.gov/Pages/CarlisleMA_COA/index

****NOTE:** COA Lunches, Monthly Coffees, Men's and Women's Breakfasts, are sponsored in part by the generosity of a grant from Concord-Carlisle Community Chest, the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you.

Medicare Open Enrollment is Changing **New Dates: OCTOBER 15 – DECEMBER 7**

The annual Medicare Open Enrollment (October 15 - December 7) is the time to enroll in or CHANGE your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment. In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it with you, along with your prescription drug list and Medicare card, to your SHINE appointment.

Remember: The Medicare Open Enrollment ends on December 7

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your COA and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

Joanne's Travelers

Grand Tour of Spain - March 23 - April 3, 2012. Price starts at \$2,699. for Double includes airfare, hotel, all meals, and sight-seeing. Tours of Malaga, Ronda, Madrid, Barcelona and more...

Discover Croatia - March 19-29, 2012. Double \$3,299 for 11 days, 15 meals, 9 breakfasts, 6 dinners. Trip features the Dalmatian Coast and Slovenia.

Trains, Wineries & Treasures of Northern California - September 23 - October 1, 2012. Double \$2,849 for 13 meals. San Francisco, Sonoma, Yosemite National Park, and more...

For flyers or additional information, please call Joanne Willens (978) 371-8023 or pick up flyers at Carlisle COA office in Town Hall.




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**This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs
and formatted by a grant from the Concord-Carlisle Community Chest.**

Coming Soon!

Art Matters Cultural Series

***Sponsored by the Friends of the Council on Aging, Lee Milliken Fund
and the Friends of Gleason Public Library.***

Oct. 19 at 1:30pm - ART KEEPS US HUMAN

Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Bring your sense of humor and your sense of *Human*.

Oct. 26 at 1:30pm - AMERICAN ART Part I - (1776 -1900)

A look at the roots of American Art from 1776 until 1900 with its pioneering courage, independent drive, and rebellious spirit.

Nov. 9 at 1:30pm - AMERICAN ART Part 2 - (1900 -1950)

A look at how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention and earning respect.

Nov. 16 at 1:30pm - AMERICAN ART Part 3- (1950 -1990)

A look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. You can't "like" it all, but you may go home with more than you thought. Where in the world do you think it is going next?

***This series is free and open to the public, but space is limited;
call the library at 978-369-4898 starting September 19th to reserve your space.***



Haymarket Square and Faneuil Hall Trip - Friday, September 16

Enjoy a beautiful September day in Boston! Pick up at 9am at the Congregational Church. Get fresh, beautiful vegetables from Haymarket, browse the shops at Faneuil Hall, and find a place to have lunch with a friend. Leave Boston at 2pm. \$5 cash van fee due day of the trip. Please call Joanne at 978-371-8023 to register by Friday, September 9 by noon.